

Gosber ar Gân

Trydydd Sul y Grawys

12 Mawrth 2023 am 3.30pm

Choral Evensong

The Third Sunday of Lent

12 March 2023 at 3.30pm



Cadeirlan
Deiniol Sant
ym Mangor

Saint Deiniol's
Cathedral
in Bangor



*Croeso i
Gadeirlan
Deiniol Sant
ym Mangor.*

*Welcome to
Saint
Deiniol's
Cathedral in
Bangor.*



Rydych chi'n sefyll rwan
lle safodd Deiniol bron i
fileniwm a hanner yn ôl.

Yma, yn y flwyddyn
525, bu iddo gynnull o'i
gwmpas gymuned lawn
ffydd, gobaith a chariad,
gan godi o'i chwmpas
ffens gyll—y **bangor**
gwreiddiol—iddi'n gysgod
ac yn noddfa.

Ein gweddi yw y cewch
chwithau, hefyd, eich
cofleidio yma gan yr un
ffydd, gobaith a chariad
a gyhoeddir gennym
heddiw ac sy'n ein
cyfareddu o hyd.

You stand now where
Deiniol stood almost a
millennium and a half ago.

Here, in the year 525, he
gathered around him a
community of faith, hope
and love, and raised
around it a hazel fence—
the original **bangor**—for
shelter and sanctuary.

Our prayer is that you,
too, will be embraced
here by the same faith,
hope and love that we
proclaim and live by
today.

Yn y Gosber At Evensong

Mae i oedfa'r Gosber ar Gân wreiddiau dwfn. Mae'n waddol o fuchedd gweddi y mynachlogydd Benedictaidd, lle roedd treigl oriau'r dydd yn esgor ar weddi ar y cyd. Daw'r ffurf a ddefnyddiwn heddiw o Lyfr Gweddi Gyffredin yr unfed ganrif ar bymtheg, lle cyfunwyd dau o'r oedfaon mynachau hynafol i ffurfio oedfa i'w hoffrymu'n blwyfol ar drefyn dydd, ac mewn cadeirlannau ar gân.

Yn ein Gosber, byddwn yn gwranddo ar lithoedd o'r Hen Destament a'r Newydd, ac yn canu'r ddwy gân hwyrol o'r Efyngyl yn ôl Sant Luc – y *Magnificat* (cân am ein hyder yn addewid oesol Duw) a'r *Nunc dimittis* (cân am ein cyflawniad yng ngholeuni oesol Crist). Mae gweddi ar gân ac ar goedd, a sain yr anthem, yn ein dwyn, galon a meddwl, tuag at Dduw.

Yn ystod ein haddoliad, rydyn ni'n dweud ac yn canu gyda'n gilydd y testun **mewn teip trwm**. Mae croeso ichi wneud arwydd o'r Groes pan fydd y geiriau wedi'u marcio ag ✠. Cynigir cyfarwyddiadau eraill (rhuddellau) **mewn teip gwyrdd**; os ydych chi'n ei chael hi'n fwy cyfforddus, eisteddwch yn hytrach na sefyll neu benlinio.

Fech gwahoddir i fynd â'r llyfryn adref gyda chi, i fyfrio yn eich amser eich hun ar y geiriau sanctaidd sydd ynddo.

Buchedd Bangor yw ein cylchgrawn newydd, gan gynnig cymysgedd o ddefnydd ysbrydol a gwybodaeth ymarferol am ein bywyd ar y cyd. Mynnwch gopi heddiw, neu ddilynwch y cod QR i ddarllen arlein.

The service of Choral Evensong has deep roots. It is an inheritance from the prayer life of Benedictine monasteries, where the turning of the hours of the day was marked by communal prayer. The service we know today is from the sixteenth-century Book of Common Prayer, in which two of the ancient monastic observances were combined to form a service to mark the end of the day – and “in quires and places where they sing,” to do so chorally.

At Evensong, we listen to lessons from the Old and New Testaments, and sing the two evening songs from the Gospel According to Saint Luke – the *Magnificat* (a song about our confidence in God's enduring promise) and the *Nunc dimittis* (a song of about our fulfilment in Christ enduring light). Sung and spoken prayer, and the music of an anthem, draw us heart and mind to God.

During our worship, we say and sing together the text **in bold type**. We may make a sign of the Cross at times when the words are marked with ✠. Other directions (rubrics) are offered **in green type**; if you find it more comfortable to sit rather than stand or kneel, please do so.

You are invited to take the booklet away with you, to reflect in your own time on the holy words it contains.

Buchedd Bangor is our new magazine, offering a mixture of devotional material and practical knowledge about our life together. Pick up a copy of today, or follow the QR code to read online.



Trefn Order



Codwn ar ein traed ar ganiad y gloch | We stand as the bell is rung



Cynnull Gathering

Deisyfiadau Preces

Y ✕ O lôr, rho i'n gwefus gân.
R̄ Aed yn bêr hyd y nef ein mawl.

Y ✕ O Dduw, cofleidia'n hadfyd.
R̄ O Grist, dy ras yw'n golud.

Y Gogoniant fo i Dduw Dad, ac i Dduw'r Mab,
ac i Dduw'r Ysbryd Glân,
R̄ Fel yr oedd yn y dechreuad, mae'n awr, a'n fythol y bydd;
yn oes oesoedd. Amen.

Y Molwch yr lôr.
R̄ Addolwn ein Duw.

Translation

Y ✕ O Lord, open thou our lips. R̄ And our mouth shall shew forth thy praise. Y ✕ O God, make speed to save us. R̄ O Lord, make haste to help us. Y Glory be to the Father, and to the Son, and to the Holy Ghost. R̄ As it was in the beginning, is now, and ever shall be, world without end. Amen. Y Praise ye the Lord. R̄ The Lord's name be praised.

Cerddoriaeth | Music
Paul Spicer

Brawddeg Sentence

"Gwyn eu byd y sawl y maddeuwyd eu trosedd, ac y cuddiwyd eu pechod."

Translation

"Happy are they whose transgressions are forgiven and whose sin is put away."

Emyn Hymn



Jesus, where'er thy people meet,
there they behold thy mercy-seat;
where'er they seek thee thou art found,
and every place is hallowed ground.

For thou, within no walls confined,
inhabitest the humble mind;
such ever bring thee when they come,
and, going, take thee to their home.

Here may we prove the power of prayer
to strengthen faith and sweeten care,
to teach our faint desires to rise,
and bring all heaven before our eyes.

Lord, we are few, but thou art near;
nor short thine arm, nor deaf thine ear:
O rend the heavens, come quickly down,
and make a thousand hearts thine own!

Geiriau | Words

William Cowper (1731-1800)

Cerddoriaeth | Music | "Wareham"

William Knapp (1698-1768)

Gair Word

Salmyddiaeth Psalmody

O come let us sing unto the Lord: let us heartily rejoice in the Rock of our salvation.

Let us come before his presence with thanksgiving: and sing loudly unto him with psalms.

For the Lord is a great God: and a great King above all gods.

In his hand are all the deep places of the earth: and the heights of the mountains are his also.

The sea is his and he made it: and his hands prepared the dry land.

O come let us worship and bow down: and kneel before the Lord our maker.

For he is our God, and we are his people and the sheep of his pasture: today, if ye will hear his voice, ye shall know his power.

Codwn ar ein traed | We stand

Glory be to the Father, and to the Son: and to the Holy Ghost; as it was in the beginning, is now and ever shall be; world without end. Amen.

Salm | Psalm 95

Cerddoriaeth | Music

Tôn III, pedwerydd terfyniad | Tone III, fourth ending

Eisteddwn | We sit

Yma y mae yn dechrau ail bennod ar bymtheg Llyfr Exodus.

Yn y dyddiau hynny: Aeth holl gynulliad pobl Israel ymaith o anialwch Sin a symud o le i le fel yr oedd y Sanctaidd Un yn gorchymyn, a gwersyllu yn Reffidim; ond nid oedd yno ddŵr i'w yfed. Felly dechreuodd y bobl ymryson â Moses, a dweud, "Rho inni ddŵr i'w yfed." Ond dywedodd Moses wrthynt, "Pam yr ydych yn ymryson â mi ac yn herio Duw?" Yr oedd y bobl yn sychedu yno am ddŵr, a dechreuasant rwgnach yn erbyn Moses, a dweud, "Pam y daethost â ni i fyny o'r Aiff? Ai er mwyn ein lladd ni a'n plant a'n hanifeiliaid â syched?" Felly galwodd Moses ar y Bywiol Un a dweud, "Beth a wnaif â'r bobl hyn? Y maent bron â'm llabyddio!" Dywedodd y Bythol Un wrtho, "Cerdda o flaen y bobl gyda rhai o henuriaid Israel, a chymer yn dy law y wialen y trewaist y Neil â hi, a dos ymlaen. Pan weli fi'n sefyll o'th flaen ar graig yn Horeb, taro'r graig, a daw dŵr allan ohoni, a chaiff y bobl yfed." Gwnaeth Moses hyn ym mhresenoldeb henuriaid Israel. Galwodd enw'r lle yn Massa a Meriba, oherwydd ymryson yr Israeliaid ac am iddynt herio Duw trwy ofyn, "A yw Duw yn ein plith, ai nac ydyw?"

Yma y terfyn y Llith Gyntaf.

Translation

In those days: From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Holy One commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test God?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Living One, "What shall I do with this people? They are almost ready to stone me." The Eternal One said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and

water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested God, saying, "Is God among us or not?"

Exodus 17:1-7

Codwn ar ein traed | We stand

Magnificat



My soul doth magnify the Lord. And my spirit hath rejoiced in God my Saviour. For he hath regarded the lowliness of his handmaiden; for behold, from henceforth, all generations shall call me blessed. For he that is mighty hath magnified me: and holy is his Name. And his mercy is on them that fear him: throughout all generations. He hath shewed strength with his arm; he hath scattered the proud in the imagination of their hearts. He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the hungry with good things, and the rich he hath sent empty away. He remembering his mercy hath holpen his servant Israel, as he promised to our forefathers, Abraham and his seed for ever. Glory be to the Father, and to the Son, and to the Holy Ghost, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Cerddoriaeth | Music

Gwasanaeth Hwyr "Collegium Regale" Evening Service.

Herbert Howells (1892-1983)

Eisteddwn | We sit

Here begins the fifth verse of the fourth chapter of the Gospel according to Saint John.

At that time: Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink". (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink', you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you." Just then his disciples

came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water-jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him. Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour." Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world."

Here ends the Second Lesson.

Ioan | John 4:5-42

Codwn ar ein traed | We stand

Nunc Dimittis



Lord, now lettest thou thy servant depart in peace according to thy word. For mine eyes have seen thy salvation, which thou hast prepared before the face of all people; to be a light to lighten the Gentiles and to be the glory of thy people Israel. Glory be to the Father, and to the Son, and to the Holy Ghost, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Cerddoriaeth | Music
Gwasanaeth Hwyrol "Collegium Regale" Evening Service,
Herbert Howells (1892-1983)

Parhawn ar ein traed, a throi i wynebu'r Dwyrain | We stand, turning to face East

Credo'r Apostolion **Apostles' Creed**

I believe in God
the Father Almighty,
Maker of heaven and earth:
and in Jesus Christ his only Son our Lord,
who was conceived by the Holy Ghost,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried;
he descended into hell;
the third day he rose again from the dead,
he ascended into heaven,
and sitteth on the right hand of God the Father Almighty;
from thence he shall come to judge
the quick and the dead.
I believe in the Holy Ghost;
the holy catholic Church;
the communion of saints;
the forgiveness of sins;
✠ the Resurrection of the body,
and the Life everlasting.
Amen.

Parhawn ar ein traed, gan droi o'r Dwyrain | We stand, turning from the East

Gweddïau Prayers

Litani Leiaf Lesser Litany

The Lord be with you.
And with thy spirit.

Let us pray.

Penliniwn neu eisteddwn | We kneel or sit

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Ein Tad, yr hwn wyt yn y nefoedd, sancteiddier dy Enw, deled dy deyrnas, gwneler dy ewyllys; megis yn y nef, felly ar y ddaear hefyd. Dyro i ni heddiw ein bara beunyddiol a maddau i ni ein dyledion, fel y maddeuwn ninnau i'n dyledwyr. Ac nac arwain ni i brofedigaeth; eithr gwared ni rhag drwg. Amen.

Translation

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, in earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

O Lord, shew thy mercy upon us;
And grant us thy salvation.

O Lord, save the King;
And mercifully hear us when we call upon thee.

Endue thy ministers with righteousness;
And make thy chosen people joyful.

O Lord, save thy people;
And bless thine inheritance.

Give peace in our time, O Lord;
Because there is none other that fighteth for us,
but only thou, O God.

O God, make clean our hearts within us;
And take not thy Holy Spirit from us.

Gweddïau Casgl Collects

Dad nefol, gollwng dy bobl oddi wrth eu camweddau, fel y gallwn trwy dy ddaioni haelionus fod oll yn rhydd o gadwynau'r pechodau hynny a gyflawnwyd gennym oherwydd ein llesgedd; caniatâ hyn er mwyn yr un sydd lesu Grist ein Gwardedwr. Amen.

O God, from whom all holy desires, all good counsels, and all just works do proceed; give unto thy servants that peace which the world cannot give; that our hearts may be set to obey thy commandments, and also that by thee, we, being defended from the fear of our enemies, may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. Amen.

Translation

Heavenly Father, absolve your people from their offences, that through your bountiful goodness we may all be delivered from the chains of those sins which by our frailty we have committed; grant this for the sake of him who is Jesus Christ our Saviour. Amen.

Cerddoriaeth | Music
Humphrey Lucas

Gweddï Waddol **Foundation Prayer**

Deiniol, dad a tharddiad, a godaist fangor fawr yn gysgod a noddfa, a'th godwyd â'th fagl i fugeilio Gwynedd Maelgwn gynt; cwyd i'r uchelfannau weddïau aelwyd d'olynydd yn y fangre hon, fel y cyfyd gwawrddydd ffydd, gobaith a chariad yn ein calonnau'n fythol.

Amen.

Translation

O Deiniol, our forebear and founder, who raised a great bangor for shelter and sanctuary, and who was raised with your crozier to shepherd Maelgwn's Gwynedd in those ancient days: raise to the heavenly courts the prayers of your successor's household in this sacred place, that our hearts may awaken to faith, hope and love eternally. Amen.

Eisteddwn | We sit

Anthem

Like as the hart desireth the waterbrooks: so longeth my soul after thee, O God. My soul is athirst for God, yea, even for the living God: when shall I come to appear before the presence of God? My tears have been my meat day and night: while they daily say unto me, "Where is now thy God?"

Geiriau | Words

Salm | Psalm 42:1-3

Cerddoriaeth | Music

Herbert Howells (1892-1983)

Penliniwn neu eisteddwn | We kneel or sit

Gweddïau Prayers

Ceir gweddïau | Prayers are said

Ar derfyn y gweddïau | The prayers conclude

Rhagflaena ni, O Dduw, â'th ragorol ras, a hyrwydda ni â'th barhaus gymorth, fel, yn ein holl weithredoedd o'u cychwyn i'w cwblhau ynot ti, y gogoneddwn dy Enw sanctaidd, a chael o'r diwedd, gan dy drugaredd, lawnder bywyd; trwy Iesu Grist ein Gwaredwr.

Amen.

Translation

Go before us, O God, with thy most gracious favour, and further us with thy continual help; that in all our works, begun, continued, and ended in thee, we may glorify thy holy Name, and finally by thy mercy obtain the fullness of life; through Jesus Christ our Saviour. Amen.

**The ✠ grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Ghost,
be with us all evermore.**

Amen.

Codwn ar ein traed | We stand



Ymadael *Departing*

Emyn Hymn



Above the voices of the world around me,
my hopes and dreams, my cares and loves and
fears,

the long-awaited call of Christ has found me,
the voice of Jesus echoes in my ears:

"I gave my life to break the cords that bind you,
I rose from death to set your spirit free;
turn from your sins and put the past behind you,
take up your cross and come and follow me."

**What can I offer him who calls me to him?
Only the wastes of sin and self and shame;
a mind confused, a heart that never knew him,
a tongue unskilled at naming Jesus' name.
Yet at your call, and hungry for your blessing,
drawn by that cross which moves a heart of stone,
now Lord I come, my tale of sin confessing,
and in repentance turn to you alone.**

**Lord, I believe; help now my unbelieving;
I come in faith because your promise stands.
Your word of pardon and of peace receiving,
all that I am I place within your hands.
Let me become what you shall choose to make me,
freed from the guilt and burden of my sins.
Jesus is mine, who never shall forsake me,
and in his love my new-born life begins.**

Geiriau | Words

Timothy Dudley-Smith

Cerddoriaeth | Music | "Derry Air"

Alaw werin o Swydd Deri | Folk tune from County Derry

Parhawn ar ein traed | We remain standing

Bendith Blessing

Rhodded Crist ras i chwi gynyddu mewn sancteiddrwydd, ymwadu â chwi eich hunain, ac chodi eich croes a'i ddilyn ef; a bendith Duw hollalluog, y Tad, ✠ y Mab, a'r Ysbryd Glân, a fo yn eich plith ac a drigo gyda chwi yn wastad.

Amen.

Translation

Christ give you grace to grow in holiness, to deny yourselves, take up your cross and follow him; and the blessing of God almighty, the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always. Amen.

Gollyngiad **Dismissal**

Ŷ Duw a fo gyda chwi.

℞ A'th gadw di yng nghariad Crist.

Ŷ Bendithiwn yr lôr.

℞ Diolch a fo i Dduw.

Translation

Ŷ *The Lord be with you.* ℞ *And with thy spirit.*

Ŷ *Let us bless the Lord.* ℞ *Thanks be to God.*

Cerddoriaeth | Music

Edward Woodall Naylor (1867-1934)

Parhawn ar ein traed hyd nes i'r gweinidogion ymadael | We remain standing until the ministers have departed

Offrymddarn ar yr organ | Organ voluntary

Sarabande in modo elegiaco, Herbert Howells (1892-1983)

Hysbys



Sul y Mamau

Edrychwn mlaen at ein dathliad o Sul y Mamau yr wythnos nesaf Sul sy'n draddodiadol yn cynnig ychydig o hoe o ddefodau mwy difrifddwys y Grawys. Bydd blodau i'w rhannu, a chacen chwiog i'w bwyta.

Er y bydd hi'n rhan o ddefnodau'r Wythnos Fawr yn y Gadeirlan, mae'r Sul nesaf hefyd yn gyfle i ni fel Cadeirlan ddweud ffarwél, dros baned a chacen, wrth ein Hesogb Cynorthwyol, cyn iddi ymadael i fod yn Esgob Llandaf.

Cinio Dewch i Rannu

Cynhelir ein Cinio Dewch a Rhannu nesaf am 12.15pm, yn dilyn y Choral Holy Eucharist, ar Sul y Dioddefaint 26 Mawrth. Mae'n Cinio Dewch i Rannu yn gyfle am sgwrs, difyrwch, croeso a charedigrwydd. Gwahoddir pawb; ac os hoffech awgrymiadau am fywd i'w ddwyn, siaradwch â Canon Jane Coutts.

Gwneir casgliad yn ystod y Cinio Dewch a Rhannu ar gyfer Apêl Daeargryn Twrci-Syria y DEC, a'i waith bryd i gynnis lloches ac i gyfrannu at yr adfer yn y gwledydd hynny ar ôl y dinistr diweddar.

Clas

Clas yw teitl ein fforwm Zoom. Mae'n cyfarfod nesaf ddydd Llun 20 Mawrth ar yr amser diwygiedig o 10.00am. Y sesiwn hwn fydd ein rhagolwg blynyddol tuag at yr Wythnos Fawr, pan fydd yr Is-Ddeon mewn sgwrs ag aelodau o dîm y Gadeirlan, yn edrych ymlaen ar y defodau o Sul y Blodau hyd Sul y Pasg – rhagflas o litwrgi, cerddoriaeth a defosiwn gweddnewidiol. Ymunwch â ni os gallwch chi. Mae recordiadau o **Clas** hefyd ar gael ar sianel YouTube y Gadeirlan.

ID cyfarfod Zoom yw **857 3402 4520** a'r cod pas yw **606397**, a bydd yr ystafell Zoom ar agor o 6.15pm.

Datganiadau Paned

Pob dydd Iau

11.15am am 45 munud

Paned a chacen o 10.45am

16 Mawrth | Simon Ogdon | Gwrthdenor

Mae Clerc Lleyg y Gadeirlan, Simon Ogdon, yn cyflwyno datganiad sy'n cynnwys rhai o gantatas seciwlar Handel i unawdwyr.

23 Mawrth | Adam Voelcker | Clarinét

Mae'r cerddor lleol ac aelod Cerddorfa Symffoni Prifysgol Bangor, Adam Voelcker, yn ein gwahodd i ymuno ag ef am ddatganiad o weithiau allweddol repertoire y clarinét.

Johannes-Passion

Sul y Blodau

6.00pm

Am ragor o wybodaeth am y *Johannes-Passion* a gweddill arlwy'r Wythnos Fawr, gweler **Buchedd Bangor**.

Yr wythnos

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Spicer; Gwasanaeth Hywrol "Collegium Regale" Evening Service, Howells; Like as the Hart, Howells; Sarabande in modo elegiaco, Howells

Dydd Llun | Monday

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

6.30pm | Zoom Clas

Dydd Mawrth | Tuesday

9.00pm Camau Bach

12.30pm Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Mercher | Wednesday

12.30pm Cymun | Eucharist

8.00pm Gwylnos | Vigil

Dydd Iau | Thursday

11.15am Datganiad | Recital

12.30pm Cymun | Eucharist

2.00pm | **Eglwys y Groes** Cymun | Eucharist

5.30pm Gosber ar Gân | Choral Evensong

Dydd Gwener | Friday

12.30pm Cymun | Eucharist

Dydd Sadwrn | Saturday

12.30pm Cymun | Eucharist

19 Mawth | Sul y Mamau | Pedwerydd Sul y Grawys | 19 March | Mothering Sunday | The Fourth Sunday of Lent | Lætare

8.15am Holy Eucharist

9.15am Cymun Bendigaid ar Gân

Offeren Glyn Rhosyn, Wynn Jones; O Beata Trinitas, Mealor; Benedictus, Reger

11.00am Choral Holy Eucharist

A Little Jazz Mass, Chilcott; For the beauty of the earth, Rutter; Toccata in Seven, Rutter

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Reading; Gwasanaeth Hywrol yn G leiaf | Evening Service in G minor, Purcell; Remember not, Lord, our offences, Purcell; Mein junges Leben hat ein End, Sweetinck

Ein gweddi

Ein cymuned Ysbyty Gwynedd – y claf a'r staff

Ein hesgobaeth Ardal Weinidogaeth Bro Eifionydd

Yn glâf Joy Levine, offeiriad; John Watkin Jones; Giuseppina de Giovanni; Sacha Cook; Kathleen

A fu farw'n ddiweddar Beryl Roberts; Polly Hoskin; Frank Griswold, esgob; Anna Matthews, offeiriad; Victoria Gordon; Elliott Tipton

Gŵyl goffa Lyn Eyre (17); Betty Hall (18)

Notices



Mothering Sunday

We look forward to our celebration of Mothering Sunday next week, a Sunday which traditionally offers a brief respite from the more solemn rituals of Lent. There will be flowers to be distributed, and a Simnel cake to share.

Although she will lead some of our Holy Week observances, next Sunday is also an opportunity for us as a Cathedral community to say farewell to our Assistant Bishop, before she leaves to become Bishop of Llandaff. The Bishop will be our preacher, and presentations will be made over drinks at the end of the service.

Bring & Share Lunch

Our next Bring & Share Lunch will take place at 12.15pm, following the Choral Holy Eucharist, on Passion Sunday 26 March. Our Bring & Share Lunches are an opportunity for conversation, conviviality, welcome and kindness. All are invited; and if you would like suggestions about food to bring, please speak to Canon Jane Coutts.

A collection will be taken during the Bring & Share Lunch for the DEC's Turkey-Syria Earthquake Appeal, and its work to assist with the emergency shelter and resoration work in those countries after the recent devastation.

Clas

Clas is the name of our Cathedral Zoom forum. It meets next on Monday 20 March at the revised time of 10.00am. The session will be our annual look forward to Holy Week, when the Sub-Dean will be in conversation with members of the Cathedral team, looking ahead at the observances to come from Palm Sunday until Easter Day— a preview of liturgy, music and life-changing devotion. Please join us if you can. Recordings of **Clas** are also available on the Cathedral's YouTube channel.

The Zoom meeting ID is **857 3402 4520** and the passcode is **606397**, and the Zoom room will be open from 6.15pm.

Coffee-Break Recitals

Thursdays

11.15am for 45 minutes

Tea, coffee and cake from 10.45am

16 March | Simon Ogdon | Counter-tenor

Cathedral Lay Clerk Simon Ogdon presents a recital including some of Handel's secular cantatas for solo voice.

23 March | Adam Voelcker | Clarinet

Local musician and member of Bangor University Symphony Orchestra, Adam Voelcker, invites us to join him for a recital of key works of the clarinet repertoire.

Johannes-Passion

Palm Sunday

6.00pm

For more information about the *Johannes-Passion* and the rest of our glorious Holy Week programme, see the current **Buchedd Bangor**.

This week

Heddiw | Today

3.30pm Gosber ar Gân | Choral Evensong

Ymatebion | Responses, Spicer; Gwasanaeth Hywrol "Collegium Regale" Evening Service, Howells; Like as the Hart, Howells; Sarabande in modo elegiaco, Howells

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Our prayers

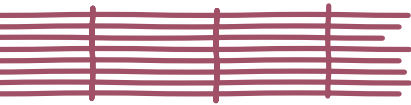
Our community Ysbyty Gwynedd – its patients and staff

Our diocese The Ministry Area of Bro Eifionydd

The sick Joy Levine, priest; John Watkin Jones; Giuseppina de Giovanni; Sacha Cook; Kathleen

The recently departed Beryl Roberts; Polly Hoskin; Frank Griswold, bishop; Anna Matthews, priest; Victoria Gordon; Elliott Tipton

Year's mind Lyn Eyre (17); Betty Hall (18)



Cadeirlan ac Eglwys Archesgobol Deiniol Sant ym Mangor

Rhif elusen 1158340

Diogelu

Mae diogelu plant ac oedolion sydd mewn perygl yn hanfodol, ac rydym wedi ymrwymo i feithrin amgylchedd lle mae pawb yn gallu addoli a chymryd rhan ym mywyd Cadeirlan Deiniol Sant yn ddiogel. Os oes gennych unrhyw bryderon, codwch nhw ar unwaith gydag aelod o dîm y Gadeirlan.

Hygyrchedd

Mae dolen glyw ar waith – gosodwch gymhorthion clyw i'r lleoliad T.

Mae copiâu print bras o'r llyfryn hwn ar gael gan y stiwardiaid.

Mae tai bach ym mhen dwyreiniol y Gadeirlan, trwy'r drws i'r chwith o'r sgrin y Cwîr.

Os bydd angen i ni adael y Gadeirlan mewn argyfwng, arhoswch ar eich heistedd a dilynwch gyfarwyddiadau'r stiwardiaid.

Cynaliadwyedd a chaniatâd

Rydym yn defnyddio papur sydd wedi ei ailgylchu 100% a'i gynhyrchu â charbon deuocsid isel.

Caiff cynifer o'n gwasanaethau'n eu ffrydio ar Facebook, ac mae'r recordiad ar gael wedi hynny ar dudalen Facebook y Gadeirlan. Efallai y bydd ffotograffydd swyddogol ar ddyletswydd. Mae eich presenoldeb yn gyfystyr â'ch caniatâd i gael eich cynnwys mewn unrhyw ffilmio, tynnu lluniau, recordio sain neu ddarlledu. Os nad ydych am i ffotograff ohonoch chi neu blentyn yn eich gofal gael ei ddefnyddio gan y Gadeirlan, siaradwch ag aelod o dîm y Gadeirlan.

Cydnabyddiaethau

Atgynhyrchir deunydd yn y drefn hon o wasanaeth o dan CLL 280874. Daw'r drefn a'i chynnwys o **Llyfr Gweddi Gyffredin (1662)**. Mae'r llithoedd a'r salmyddiaeth Gymraeg yn seiliedig ar **The New Revised Standard Version of the Bible** ac **Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**.

Mae delwedd y clawr yn ystod tymor of Gesimáu a'r Grawys yn ffotograffau gan y ffotograffydd lleol ac un o gyfeillion y Gadeirlan, Dave Custance.

The Cathedral & Metropolitan Church of Saint Deiniol in Bangor

Charity number 1158340

Safeguarding

Safeguarding children and adults at risk is vital, and we are committed to fostering an environment where everyone is able to worship and participate in the life of Saint Deiniol's Cathedral in safety. If you have any concerns, please raise them immediately with a member of the Cathedral team.

Accessibility

A hearing loop is in use – please set hearing aids to the T setting.

Large print copies of this booklet are available from the stewards.

Lavatories are located at the east end of the Cathedral, through the door to the left of the Quire screen.

If we need to evacuate the Cathedral in an emergency, please remain seated and follow the directions of the stewards.

Sustainability and permissions

We use 100% recycled, low carbon dioxide paper.

Many of our services are streamed on Facebook, and the recording made available thereafter on the Cathedral's Facebook page. An official photographer may be on duty. Your attendance constitutes your consent to be included in any filming, photographing, audio recording or broadcast. If you do not wish a photograph of you or a child in your care to be used by the Cathedral, please speak to a member of the Cathedral team.

Acknowledgements

Material in this order of service is reproduced under the CLL 280874. The form and content of the service are taken from **The Book of Common Prayer (1662)**. The lessons are based on **The New Revised Standard Version of the Bible** and **Y Beibl Cymraeg Newydd: Argraffiad Diwygiedig**.

Our cover images during Gesimatide and Lent are photographs taken by the local photographer and friend of the Cathedral, Dave Custance.